

Peanut Butter Yogurt Dip

This dip is sure to be a hit with a variety of fruits and vegetables. Try it today with apples, bananas, or celery!

Makes: 14 servings
Prep Time: 5 minutes

Recipe Source: fnec.cornell.edu/
Photo Source: <https://foodhero.org/recipes/peanut-butter-yogurt-dip>



Small Changes,
BIG Difference!

Ingredients

- 1 cup non-fat plain yogurt
- 1 teaspoon vanilla
- 3/4 cup peanut butter

Directions

1. Combine all ingredients in a bowl and mix well.
2. Keep in a covered container and refrigerate until ready for use.
3. Store all leftovers in the refrigerator within two hours.

Utensils Needed

- Measuring cups
- Measuring spoons
- Bowl
- Spatula



Nutrition Information

Serving Size:	2 Tablespoons
Nutrients	Amount
Calories:	90
Total Fat:	7 g
Saturated Fat:	1.5 g
Cholesterol:	0 mg
Sodium:	65 mg
Total Carbohydrates:	4 g
Dietary Fiber:	1 g
Total Sugars:	2 g
Added Sugars:	1 g
Protein	4 g

SHOPPING LIST

Average total cost without oil and seasonings: \$5.14

Average cost/serving: \$0.37

Recipe Makes: 14 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Nonfat Plain Yogurt, 32oz



Add 1 to Cart
Pure Vanilla Extract, 1oz



Add 1 to Cart
Creamy Peanut Butter, 18oz

SAVE TIME, SAVE MONEY

- To avoid peanut butter, try sunflower seed butter.
- Add even more flavor by mixing in 1 tsp of cinnamon.
- To save money, buy in bulk whenever possible. However, if you think the leftover ingredient will be thrown away or spoil before you can use it, stick to the smaller size.
- Save money by choosing 1 large 32oz container of yogurt, rather than 2 smaller 6oz containers. While the cost up front might be a little more, the unit price tells the real story...
 - \$1.84 per 32oz yogurt = \$0.06 per oz
 - \$0.64 per 6oz yogurt = \$0.12 per oz
 - That's a savings of \$0.06 per oz of yogurt!
- The same applies for peanut butter! The bigger the container, the more savings in the long run.

My Cooking Notes